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**Patent claims**

1. Use of at least one self-tanning substance or a formulation comprising at least one self-tanning substance for application to the human skin, with application taking place at elevated temperature.  
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2. Use according to Claim 1, characterized in that application takes place in a bathtub or whirlpool.
- 10 3. Use according to at least one of the preceding claims, characterized in that the application temperature is in the range between 25 and 60°C, preferably between 30 and 55°C and particularly preferably between 37 and 50°C.
- 15 4. Use according to Claim 1 or 3, characterized in that application to the skin takes place by misting, preferably by means of a shower or spray gun.
- 20 5. Method of tanning the human body, characterized in that at least one self-tanning substance or a formulation comprising at least one self-tanning substance is dissolved in water, the solution is brought to a temperature which is elevated relative to room temperature and the solution is applied to the human body.
- 25 6. Method according to Claim 5, characterized in that the human body, as a whole or partially, is immersed into the solution.
- 30 7. Method according to Claim 5, characterized in that, for even tanning, the human body - completely or partially - is sprayed evenly with the tempered solution.

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8. Method according to at least one of the preceding claims, characterized in that a water-repellent preparation is applied to parts of the body which are not to be tanned or tanned only slightly.
- 5 9. Cosmetic formulation comprising at least one self-tanning substance, characterized in that the formulation comprises at least one fatty carrier and at least one hydrophilic solvent.
- 10 10. Cosmetic formulation according to Claim 9, characterized in that the fatty carrier present is one or more compounds chosen from the ceramides, cholesterol, phospholipids, cholesteryl sulphate, cholesteryl phosphate, phosphatidylcholine, lecithin and/or empty liposomes.
- 15 11. Cosmetic formulation according to at least one of the preceding claims, characterized in that the formulation comprises one or more UV filters.
- 20 12. Cosmetic formulation according to at least one of the preceding claims, characterized in that the formulation comprises, as hydrophilic solvent, glycerol and/or propylene glycol, preferably in a concentration of from 0.1 to 50 % by weight, more preferred in the range from 0.5 to 20 % by weight.
- 25 13. Cosmetic formulation according to at least one of the preceding claims, characterized in that the formulation comprises 0.1 to 50 % by weight, more preferred in the range from 0.5 to 10 % by weight of fatty carrier.
- 30 14. Cosmetic formulation according to at least one of the preceding claims, characterized in that the self-tanning substance is 1,3-dihydroxyacetone.

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15. Cosmetic formulation according to at least one of the preceding claims, characterized in that the concentration of the self-tanning substance is in the range from 0.01 to 10% by weight, preferably in the range from 0.05 to 5% by weight.
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16. Cosmetic formulation comprising at least one self-tanning substance, characterized in that the formulation is liquid, creamy, milky and/or gel-like bath additives, bath tablets, bath salts and/or bath capsules.
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